



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20013, Bulgur, cooked

Report Date: June 27, 2017 03:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.59 Nitrogen to Protein Conversion Factor:5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 182g	1 tbsp 8.4g
Proximates						
Water	g	77.76	7	1.005	141.52	6.53
Energy	kcal	83	--	--	151	7
Energy	kJ	347	--	--	632	29
Protein	g	3.08	4	0.438	5.61	0.26
Total lipid (fat)	g	0.24	7	0.023	0.44	0.02
Ash	g	0.34	4	0.013	0.62	0.03
Carbohydrate, by difference	g	18.58	--	--	33.82	1.56
Fiber, total dietary	g	4.5	--	--	8.2	0.4
Sugars, total	g	0.10	--	--	0.18	0.01
Minerals						
Calcium, Ca	mg	10	3	0.036	18	1
Iron, Fe	mg	0.96	3	0.281	1.75	0.08
Magnesium, Mg	mg	32	3	1.947	58	3
Phosphorus, P	mg	40	3	9.664	73	3
Potassium, K	mg	68	3	8.771	124	6
Sodium, Na	mg	5	3	0.058	9	0
Zinc, Zn	mg	0.57	3	0.058	1.04	0.05
Copper, Cu	mg	0.075	3	0.008	0.137	0.006
Manganese, Mn	mg	0.609	1	--	1.108	0.051
Selenium, Se	µg	0.6	--	--	1.1	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 182g	1 tbsp 8.4g
Thiamin	mg	0.057	5	0.005	0.104	0.005
Riboflavin	mg	0.028	5	0.007	0.051	0.002
Niacin	mg	1.000	3	0.170	1.820	0.084
Pantothenic acid	mg	0.344	4	0.114	0.626	0.029
Vitamin B-6	mg	0.083	3	0.017	0.151	0.007
Folate, total	µg	18	3	3.538	33	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	18	3	3.538	33	2
Folate, DFE	µg	18	--	--	33	2
Choline, total ¹	mg	6.9	--	--	12.6	0.6
Betaine ¹	mg	83.4	1	--	151.8	7.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	2	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	2	--	--	4	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	54	--	--	98	5
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.5	--	--	0.9	0.0
Lipids						
Fatty acids, total saturated	g	0.042	--	--	0.076	0.004
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.002	--	--	0.004	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 182g	1 tbsp 8.4g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.037	--	--	0.067	0.003
18:0	g	0.002	--	--	0.004	0.000
Fatty acids, total monounsaturated	g	0.031	--	--	0.056	0.003
16:1 undifferentiated	g	0.001	--	--	0.002	0.000
18:1 undifferentiated	g	0.030	--	--	0.055	0.003
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.098	--	--	0.178	0.008
18:2 undifferentiated	g	0.094	--	--	0.171	0.008
18:3 undifferentiated	g	0.004	--	--	0.007	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.048	--	--	0.087	0.004
Threonine	g	0.089	--	--	0.162	0.007
Isoleucine	g	0.114	--	--	0.207	0.010
Leucine	g	0.208	--	--	0.379	0.017
Lysine	g	0.085	--	--	0.155	0.007
Methionine	g	0.048	--	--	0.087	0.004
Cystine	g	0.071	--	--	0.129	0.006
Phenylalanine	g	0.145	--	--	0.264	0.012
Tyrosine	g	0.090	--	--	0.164	0.008
Valine	g	0.139	--	--	0.253	0.012
Arginine	g	0.144	--	--	0.262	0.012
Histidine	g	0.071	--	--	0.129	0.006
Alanine	g	0.109	--	--	0.198	0.009
Aspartic acid	g	0.158	--	--	0.288	0.013
Glutamic acid	g	0.973	--	--	1.771	0.082

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 182g	1 tbsp 8.4g
Glycine	g	0.124	--	--	0.226	0.010
Proline	g	0.320	--	--	0.582	0.027
Serine	g	0.145	--	--	0.264	0.012
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD